QISS Grade Descriptors

Grade: 9-12 Grade Course: PE Unit: All units Teacher: Krakowski

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| To achieve this grade for this unit… | the student will demonstrate the following skills/knowledge: |
| A | * Meets Specific Learning Outcomes Performance Criteria 1 -8
* Uses a wide range of physical education terminology accurately and appropriately in most situations.
* Demonstrates a thorough knowledge of principles, concepts, strategies, techniques and rules related to the physical education topic or activity.
* Uses this knowledge wisely and effectively to analyse and solve problems in familiar and unfamiliar situations.
* The student shows a high level of competence in both basic and complex moves, skills and techniques in the performance or playing situation.
* The student takes responsibility for their own learning and consistently shows enthusiasm and commitment to physical education.
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| B | * Meets Specific Learning Outcomes Performance Criteria 1 -6
* Uses a range of terminology accurately and appropriately in some situations.
* Demonstrates a good knowledge of principles, concepts, strategies, techniques and rules related to the physical education topic or activity.
* Uses this knowledge to analyse and solve problems in familiar and some unfamiliar situations.
* The student demonstrates competence in basic and many complex moves, skills and techniques in the performance or playing situation.
* The student takes responsibility for their own learning and usually shows enthusiasm and commitment to physical education.
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| C | * Meets Specific Learning Outcomes Performance Criteria 1 -4
* Uses basic terminology that is sometimes inaccurate or inappropriate.
* Demonstrates a basic knowledge of principles, concepts, strategies, techniques and rules related to the physical education topic or activity.
* Uses this knowledge to analyse and solve problems in familiar situations.
* The student demonstrates competence in basic moves, skills and techniques in the performance or playing situation.
* The student shows respect and sensitivity to themselves, others and the physical environment most of the time.
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| D | * Meets Specific Learning Outcomes Performance Criteria 1 -2
* The use of terminology is inconsistent, inappropriate or incorrect.
* Demonstrates a limited knowledge of principles, concepts, strategies, techniques and rules related to the physical education topic or activity.
* Sometimes uses this knowledge to analyse and solve problems in familiar situations.
* The student demonstrates little competence in basic moves, skills and techniques in the performance or playing situation.
* The student shows respect and sensitivity to themselves, others and the physical environment some of the time.
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| INC | * The student does not reach a standard described by any of the descriptors given above.
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## Specific Learning Outcomes Performance Criteria

*The learner should be able to:*

**1 Regain standing position from prone and supine**

* push and glide in a prone position
* regain standing position
* push and glide in a supine position
* regain standing position.

**2 Demonstrate competence in swimming**

* swim 25m front crawl
* swim 25m back crawl
* swim 25m breast stroke.

**3 Demonstrate three methods of entering the water safely**

* enter the water safely
* use a ladder or steps
* from a sitting position, straddle-jump into the water.

**4 Demonstrate treading water**

* tread water for one minute.

**5 Demonstrate a simple dive**

* adopt a sitting or kneeling position dive into the water.

**6 Demonstrate a standing dive**

* adopt a standing position dive into the water.

**7 Outline the principles of personal water safety**

* identify three principles of personal water safety.

**8 Demonstrate a life-saving stroke**

* swim 5m rescue back stroke (inverted breast stroke).